



# Hampden Recreation Program Guide Winter II 2016



# Hampden

MAINE

*The Community of Choice in Central Maine*

[www.hampdenmaine.gov](http://www.hampdenmaine.gov)





## Contact Information

Town of Hampden

Department of Recreation

106 Western Avenue (mailing)

Hampden, ME 04444

Skehan Recreation Center

1 Main Road North (physical)

Phone: 207-862-6451

Fax: 207-862-5067

Email: [recreation@hampdenmaine.gov](mailto:recreation@hampdenmaine.gov)

Website: [www.hampdenmaine.gov](http://www.hampdenmaine.gov)

## Staff

**Shelley Abbott:** Recreation Director

**Jill McLaughlin:** Assistant Director

## Keep In Touch With Us...



# Department Policies and Miscellaneous Program Information

## Where Do I Find Out About Programs?

Program Guides are available online at [www.hampdenmaine.gov](http://www.hampdenmaine.gov), for print at home. Links are also available on Facebook. Program guides will no longer be mailed to all residents in the 04444 zip code. Program guides are available for pick up at the Skehan Recreation Center.

## How Do I Register?

Complete the included program registration form, include any program fees, and either mail in or drop off at the Skehan Recreation Center.

Hampden Recreation Department 106 Western Avenue, Hampden, ME 04444 (mail)

Skehan Recreation Center, 1 Main Road North, Hampden, ME 04444 (drop off)

## After You Have Registered

Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

## Payment Policy

Payment is expected in full at the time of registration. Payments are accepted in cash and check only. Please make checks payable to the *Town of Hampden*.

Participants who have an outstanding balance will not be allowed to participate in the current session of future sessions until the balance is paid in full.

## Late Registration Policy

Late Registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional \$10.00 per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee has been paid.

Registrations received after published program deadlines will not be guaranteed a tee-shirt (where applicable).

## Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.

## Department Policies and Miscellaneous Program Information

### Late Pick Up Policy and Charges

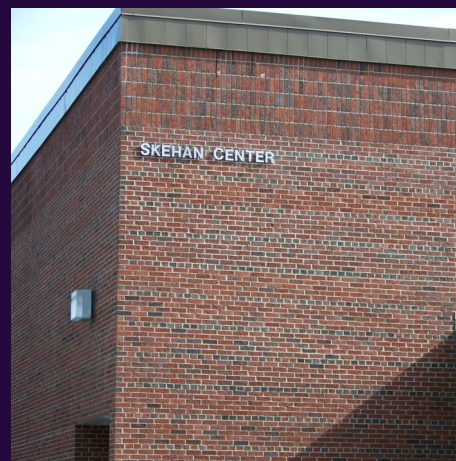
Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

### Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program is not entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

### Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.



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### *Commitment and Vision*

*We are dedicated to serving  
our participants...*

*We strive for excellence.*

*We work with integrity.*

*As An Essential Service,  
We Make Hampden Happier!*





## Adult Programs

### Line Dancing with Chris

Ongoing

**Tuesday | 9-11 A | Intermediate Class**

>Skehan Recreation Center

**Resident \$6 | Non-Resident \$6**

Drop In program. This is a coed class. Fee is per person, per day. Participants are asked to wear dance shoes, sneakers, or bowling shoes. Please complete a registration form to be filed for emergency purposes.

> No class 2/16 or 2/23

### Winter Walking

**January 4-April 15**

**Mon., Wed., Fri. | 7-8 A**

**Tues. & Thurs. | 7-9 A**

>Skehan Recreation Center

**Adults \$2.00/ Seniors \$1.00**

Drop in program. Please complete a registration form to be filed for emergency purposes. Families welcome with adult supervision.

### Reshaping Retirement

Ongoing

**Mon., Wed., Friday | 8-9 A**

>Skehan Recreation Center

**Resident \$1 | Non-Resident \$1**

Drop in program. Coed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Thursday AM Yoga Instructor needed

Please Inquire

We are looking for a certified yoga instructor to take over this class.

Interested?

Contact the Hampden Recreation Dept. @ 862-6451 or recreation@hampdenmaine.gov.

### Pickle Ball

Ongoing

**Monday | 12-2 P**

**Wednesday | 9:15-10:45 A**

**Friday | 9:15-10:45 A**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

**Drop in Program**

Pickle ball is a paddle sport which combines elements of badminton, tennis, and table tennis. Come in and learn how to play this fun new sport.



# W

## inter Camp

Grades: K-5

**Where: Weatherbee School Gym**

**Camp Program Hours:**

Tuesday through Friday, 8am-5pm **(Closed Monday)**

February 16-19

**Fee:**

\$140.00 (**RSU 22 Resident**)/week, Each additional child only \$130.00/week

\$160.00 (**Non-resident**)/week, Each additional child only \$150.00/week

**No single day registrations offered**

**Minimum of 15/Maximum of 30 campers!**

**Registration Deadline: Feb. 5th (No Late Registrations accepted and No refunds)**

**Themed Days**

**Tuesday: Giant Games Day**

**Wednesday: Star Wars Day**

**Thursday: Harry Potter Day**

**Friday: Fabulous Friday**

**(Themes Subject to change)**

**All participants should bring:**

Jacket, Snowpants, Boots, Hat, Mittens (extras), Indoor shoes (sneakers preferably), Bagged lunch, Snacks, Drinks, Personal video games will be allowed but only used during designated times.



## Youth Programs

### Ski and Snowboard Lessons-Down Hill Grades K-12

**Session II: February 2-March 3\***

(Tentative-depends on end of Session I)

*\*Lessons will not meet 2/16, 2/18*

**Tuesday Ski or Board | 4:30-6:30 P**

**Thursday Ski Only | 4:30-6:30 P**

>Hermon Mountain

**Ski Resident \$110|Non-Resident \$115**

**Board Resident \$110|NR \$115**

Four week instructional program. One hour lesson, one hour free ski per week. Rentals included if needed.

Start time for session II may vary depending on completion of session I. Hermon Mountain ski form is also required to be completed at time of registration. Price increase due to Hermon Mountain pricing.

**>Deadline to Register Session II: 1/25**

**No Late Registrations or Refunds For This Program.**

### Indoor Field Hockey- Grades 3-5

**February 26-April 1\***

**Friday| 3:15-4:30 P**

>Skehan Recreation Center

**Resident \$35|Non-Resident \$40**

**\* Will not meet March 4th (RSU 22 In-service day)**

Program will include rules of the game, fundamentals, stick work, and defensive strategies. Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent. Minimum enrollment 10/maximum enrollment is 24. Indoor equipment provided.

**>Deadline to Register 2/19**

### Diamond Drills-Age 9-15

**March 6, 13, 20– Pitching/Throwing**

**Sunday| 11:30 A-1P**

**April-May TBA– Hitting on Turf Field (3 dates)**

**Sunday|10-11:30 A**

>Skehan Recreation Center

**Resident \$15 Per Session, \$80 all 6  
NR \$20 Per Session, \$90 all 6**

Clinics will include fundamentals and skills for throwing and pitching. Offered by local coach and clinician, Jon Perry. Individual workouts are available with Coach Perry by calling 356-3838.

**>Deadline to Register for Pitching/Throwing 2/26**

**>Deadline to Register for Hitting 4/1**

### Softball Clinic- Grades 3-8

**April 10**

**Sunday | 1-3 P**

>Skehan Recreation Center

**Resident \$15|Non-Resident \$20**

Clinic will teach the basic fundamentals and skills of softball. Offered by Hampden Academy coach Matt Madore. Participants should bring a glove and indoor shoes. Minimum of 8 participants to run this program.

**>Deadline to Register 4/4**



## Youth Programs

### Mini Sports Soccer-Ages 3-4

**March 1-29**

**Tuesday | 4:30-5:15 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

Children ages 3 and 4 will learn the basic motor skills necessary to play organized indoor soccer while spending quality time with their parents. The program will focus on skills and drills associated with soccer. A parent must actively participate with their child in each of the 5 classes. Minimum enrollment 5 to run/maximum enrollment 12. This program is sure to fill fast so sign up early!

>**Deadline to Register 2/22**

### Little Stars Sports Sampler-Ages 3-4

**March 3-31**

**Thursday | 5-5:45 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

This program offers the chance for socialization and sampling of sports activities. Parents must remain onsite during this program. Minimum enroll-

ment 4 to run/maximum enrollment 8. Sign up early!

>**Deadline to Register 2/22**

### Games & More-Grades K-2

**March 1-April 5**

**Tuesday | 3:15-4:15 P**

>Skehan Recreation Center

**Resident \$35 | Non-Resident \$40**

This is a COED program. Come learn and play a variety of new games. Minimum enrollment 12/maximum 16. Students will be walked to the Skehan Recreation Center by Rec. Staff with written permission from parent.

>**Deadline to Register 2/22**

### Afterschool Nerf Program-Grades 3-5

**March 3-31**

**Thursday | 3:30-4:30 P**

>Skehan Recreation Center

**Resident \$45 | Non-Resident \$50**

This is a COED program. Come play a variety of games with Tactical Nerf. Games are played like laser tag but with nerf guns. All participants will be

given a vest and safety glasses to play. Minimum enrollment 6/maximum 16. Students will be walked to the Skehan Recreation Center by Rec. Staff with written permission from parent.

**No refunds for this program.**

>**Deadline to Register 2/22**

### Afterschool Nerf Program-Grades 6-8

**March 3-31**

**Thursday | 2:30-3:30 P**

>Skehan Recreation Center

**Resident \$45 | Non-Resident \$50**

This is a COED program. Come play a variety of games with Tactical Nerf. Games are played like laser tag but with nerf guns. All participants will be given a vest and safety glasses to play. Minimum enrollment 6/maximum 16.

**No refunds for this program.**

>**Deadline to Register 2/22**



## Youth Programs

### After-School Art Club- Grades K-2

**February 29– April 11**

**Monday | 3:15-5 P**

>Skehan Recreation Center

**Resident \$85 | Non-Resident \$90**

Offered by Windover Art Center staff, this seven week session will include the exploration of pottery, drawing, painting, fabric arts and paper crafts. Minimum enrollment 6/maximum enrollment 16, so sign up soon!

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

**>Deadline to Register 2/22**

**No Refunds For This Program.**



### After-School Art Club- Grades 3-5

**March 2– April 13**

**Wednesday | 3:15-5 P**

>Skehan Recreation Center

**Resident \$85 | Non-Resident \$90**

Offered by Windover Art Center staff, this seven week session will include the exploration of pottery, drawing, painting, fabric arts and paper crafts. Minimum enrollment 6/maximum enrollment 16, so sign up soon!

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

**>Deadline to Register 2/22**

**No Refunds For This Program.**

### Open Gym– Free Choice Grades 3-up

**March 2-April 13**

**Wednesday | 2:30-6:30 P**

>Skehan Recreation Center

**Resident \$2 | Non-Resident \$2**

Drop in program. COED. Shoot around or bring some friends for a game. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Afterschool Robotics Program– Grades 3-5

**February 29-March 28**

**Monday | 3:15-5:15 P**

>Skehan Recreation Center

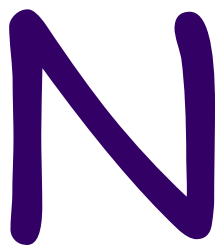
**Resident \$125 | Non-Resident \$130**

Learn how to build and make robots using the Lego Mindstorms systems. Participants will work in small groups to design and program robots to complete various fun challenges, while learning about engineering. Robot creation is done with the easy to use Lego building blocks while the software environment is 100% graphic, simple, and allows you to build a flow chart program that controls the robot. Come and see what you can build! Offered by Maine Robotics. Minimum of 10/ maximum of 16 to run this program.

**No Refunds for this Program.**

**>Deadline to Register 2/22**





## erf Day Fundraiser for Skehan Center

Come join the Hampden Recreation Department as we have a fun-filled day of Nerf games. Groups will be split up into teams and use nerf guns to earn points. Safety equipment will be provided. This fundraiser will benefit the Skehan Recreation Center.

When: Saturday, March 12, 2016

Where: Skehan Recreation Center

Price: \$12.00 per person, per session

Times:

10-11:30am: Grades 5-8

11:30am-1pm: Grades K-4

2-3:30pm: Open Play (all ages)

There will only be 20 slots available for each time slot. Slots will fill up fast!

Open play time slots are open to any age, and will include a mixed age range of players on the floor.

Nerf Games Provided by: Tactical Nerf; Old Town, ME



# Discount Sugarloaf Tickets through Bangor Parks & Recreation



Sugarloaf is once again offering a tremendous discount on Sugarloaf tickets for the one day...February 27<sup>th</sup> or a two day Feb. 27<sup>th</sup> & 28<sup>th</sup>. This is a great deal on Sugarloaf tickets.

**Tickets will be sold through Bangor Parks and Recreation.** Please visit their web site for tickets.

[https://www.bangorparksandrec.com/info/activities/program\\_details.aspx?ProgramID=28594](https://www.bangorparksandrec.com/info/activities/program_details.aspx?ProgramID=28594)

Activity	Ages	Grades	Dates	Times	Fees	Location
Adult Lift Ticket / February 27 Only (MRPA)	19 - 64	N/A	02/27/2016	8:45 AM - 7:00 PM	\$49.00 R, \$49.00 NR	Sugarloaf Mountain
Adult Lift Ticket / 2 Day Special February 27 & 28 (MRPA)	19 - 64	N/A	02/27/2016 - 02/28/2016	8:45 AM - 7:00 PM	\$95.00 R, \$95.00 NR	Sugarloaf Mountain
Young Adult Lift Ticket / February 27 Only (MRPA)	6 - 18	N/A	02/27/2016	8:45 AM - 7:00 PM	\$39.00 R, \$39.00 NR	Sugarloaf Mountain
Young Adult Lift Ticket / 2 Day Special February 27 & 28 (MRPA)	6 - 18	N/A	02/27/2016 - 02/28/2016	8:45 AM - 7:00 PM	\$75.00 R, \$75.00 NR	Sugarloaf Mountain
Senior Lift Ticket / February 27 Only (MRPA)	65 - 99	N/A	02/27/2016	8:45 AM - 7:00 PM	\$39.00 R, \$39.00 NR	Sugarloaf Mountain
Senior Lift Ticket / 2 Day Special February 27 & 28 (MRPA)	65 - 99	N/A	02/27/2016 - 02/28/2016	8:45 AM - 7:00 PM	\$75.00 R, \$75.00 NR	Sugarloaf Mountain
EQUIPMENT RENTALS / February 27 ONLY (MRPA)	6 - 99	N/A	02/27/2016	8:45 AM - 7:00 PM	\$25.00 R, \$25.00 NR	Sugarloaf Mountain
2 DAY EQUIPMENT RENTALS / February 27 & 28 (MRPA)	6 - 99	N/A	02/27/2016 - 02/28/2016	8:45 AM - 7:00 PM	\$50.00 R, \$50.00 NR	Sugarloaf Mountain

## Special Events

### Feb. Vacation Open Gym— Grades 3 and up

**Feb. 16|Tuesday| 5:30-7 pm**

**Feb. 18|Thursday| 5:30-7 pm**

>Skehan Recreation Center

**Resident \$2|Non-Resident \$2**

Drop in program. COED. Shoot around or bring some friends for a game. Some equipment will be available for use. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

### Birthday Party Rentals

Having a birthday party, staff event, or other special event and need that perfect place to host all the guests? The Skehan Recreation Center is available for rental on a space available basis.

Reservations may be requested no more than 3 weeks in advance of the date you are looking for. Please speak to Shelley about date availability.

Event rental includes a two hour block (plus a 30 minute set up and clean up at no additional fee) and full use of the full gym and party room space. Rental also includes use of available tables and chairs, and some gym equipment.

Event rental fee is \$100 and must be paid in advance to secure and confirm you date.

All rentals require completion of an Event Rental Form in addition to the rental fee.

The Hampden Recreation also offers gym rentals (half gym and full gym) and classroom rental, on an individual rental rate, for one time, and multi-week use. Please inquire about availability.

## KIDS KORNER REGISTRATION (Hampden Residents only) 2016-2017 SCHOOL YEAR

### MARK YOUR CALENDAR!

**When:** Sunday, June 5, 2016

**Where:** Skehan Recreation Center

**Time:** Registrations will begin being accepted at 9 AM

A \$25.00 deposit per child is required to sign up at registration. Deposit is non-refundable and will be applied to your first week's payment.

*Registration Forms for Fall 2016-2017 will be available at the Skehan Recreation Center and Online beginning May 27, 2016*

Registrations will be accepted on a first come basis. No preference will be given to past children involved. Registrations are for the 2016-2017 school year only. Registrations will be on a walk in basis only.

No phone or fax registration accepted.

Registration forms will continue to be accepted during normal office hours beginning Monday, June 6, 2016, for any remaining spots or waiting list spots.

### Enrollment Available for the 2016-2017

Morning Program; Weatherbee School, 7-8:45 AM, 25 Spots Available, Grades 3-5

Morning Program; McGraw School, 7-8:45 AM, 25 Spots Available, Grades K-2

Afternoon Program; McGraw School, 3-6 PM, 30 Spots Available, Grades K-2

Afternoon Program, Weatherbee School, 3-6 PM, 30 Spots Available, Grades 3-5



## Is The Weather Bad?

### Wondering If A Program Is Cancelled?

Skehan Center Building Closure: This facility will be closed when school is MSAD 22/RSU 22 is cancelled.

Other weather cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at [www.hampdenmaine.gov](http://www.hampdenmaine.gov)

Look under town departments, recreation, and program cancellation notice.

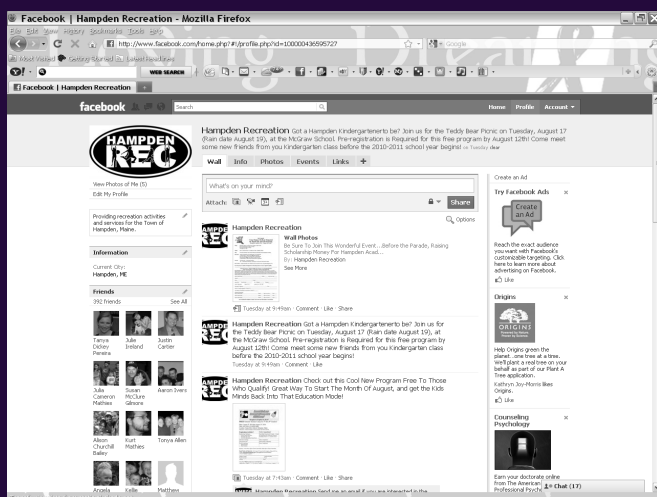
If you do not have internet access, call the Hampden Recreation Department at 862-6451. Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.



## Find Us On Facebook!

### Search Hampden Recreation On Facebook



Weather Cancellations

Registration Deadline Reminders

New Program Information

Program Reminders

Program Guide Links



## Hampden Recreation Participant Registration Form

106 Western Avenue, Hampden, ME 04444 (Mailing) | 1 Main Road North (Physical) | 207-862-6451

Participants Name (First Name, Last Name)	Gender	Grade	D.O.B.	Age	Program Registering For	Program Fee

Session Registering For?    ☐ Fall                      ☐ Winter I                      ☐ Winter II                      ☐ Spring                      ☐ Summer

Volunteer Coach A Team?    ☐ Yes                      ☐ No                      Assist A Team?                      ☐ Yes                      ☐ No

Email Address: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Work Phone #: \_\_\_\_\_

Should we be unable to contact you in the event of an emergency, please list the name and contact number of another responsible adult we may contact.

Emergency Contact: \_\_\_\_\_ Emergency #: \_\_\_\_\_

Family Physician Name: \_\_\_\_\_ Physician #: \_\_\_\_\_

Any Allergies/Medical/Behavioral Challenges: \_\_\_\_\_

**Photography Permission**-Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

☐ No                      Parent Initials: \_\_\_\_\_

**Waiver For Participation**-Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only: Amount Paid: \_\_\_\_\_ / Cash/Check #: \_\_\_\_\_ / Date: \_\_\_\_\_

## Announcements!

Skehan Recreation Center | 862-6451

Email-recreation@hampdenmaine.gov

Recreation Department Office Hours: Monday-Friday 7 AM-4 PM

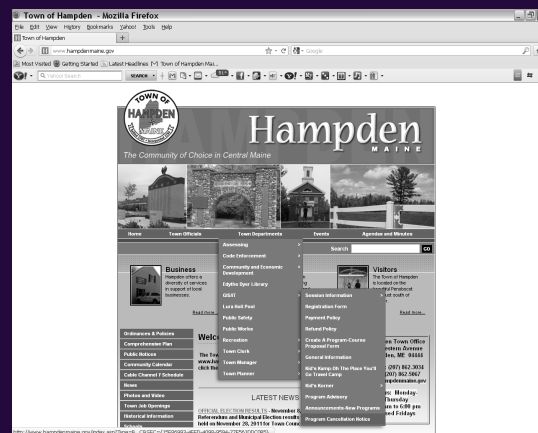
Our office is now located at the Skehan Recreation Center. You can find this building at 1 Main Road North in Hampden. Enter from the front of the building. This space was formally the "new gym" at the former Hampden Academy.

The Skehan Recreation Center hours will vary depending on the season and programming offered. This facility will be closed when SAD 22/RSU 22 school is cancelled for a snow day.

Our program guides are now exclusively online. We have begun using the Constant Contact program for email blasts regarding our services. If you would like to be added to our email list, just drop us an email and we will gladly add you! If you do not have internet access, copies of our program guide and various individual program flyers can be picked up at the Skehan Recreation Center.

**Constant Contact**

Email us to add your name to our email list  
and start receiving email blasts via Constant  
Contact today!



[www.hampdenmaine.gov](http://www.hampdenmaine.gov)

Town of Hampden

Recreation Department

106 Western Avenue  
Hampden, ME 04444

